

Keeping Your Child Safe



Safe From The Start

C A L I F O R N I A
**CHILDREN
& FAMILIES**
P A R T N E R S H I P

A Partnership of the
California Children & Families Commission
and the Children & Families County Commissions

Safe From The Start

Safety Tips To Remember

Home Safety:

- ☐ Keep emergency numbers by the telephone.
- ☐ Have first aid supplies handy.
- ☐ Know CPR and how to handle choking.
- ☐ Put household products, beauty supplies and medicines out of your children's reach.
- ☐ Use special safety locks on all your drawers and cabinets.
- ☐ Put outlet covers on sockets.
- ☐ Set water heater temperature at 120°.
- ☐ Watch your children in the bath or pool.

Lead Paint:

- ☐ Check to make sure your house does not have lead paint.
- ☐ Get your child tested for lead.

Crib Safety:

- ☐ Do not cover your baby's face or head when he or she is asleep.

Fire Safety:

- ☐ Put smoke alarms in your home. Check batteries once a year.
- ☐ Keep a fire extinguisher in the kitchen.
- ☐ Have a fire escape ladder in each second story or higher.
- ☐ Put in carbon monoxide (CO) detectors near bedrooms.

Gun Safety:

- ☐ Lock away guns and make sure they are unloaded. The trigger locks should be on.
- ☐ Lock away bullets in a separate place from the guns.

Car Safety:

- ☐ Use a car seat for your baby's first ride. Then use it every time.
- ☐ Babies should ride in a backward facing car seat. It should be in the back seat.
- ☐ Use a booster seat for your child from age 4 until at least age 6.
- ☐ The back seat is the safest place for your children to ride.
- ☐ Set a good example for your children by wearing your seat belt.



You Can Keep Your Child Safe

Many children are injured or killed each year at home and in car accidents. You can prevent injuries.

- Make your home a safe place.
- Watch your child very carefully.
- Use a car seat every time your child rides in a car.

This brochure is filled with safety information. Read it through and use the page numbers when you need specific information.

Home Safety

- Safety devices 4
- Kitchen safety 8
- Bathroom safety 9
- Crib safety 11
- Toy safety 12
- Pool safety 13
- Garage and basement safety 14
- Poisoning 15
- Lead poisoning prevention 17
- Fire and gas safety 18
- Gun safety 20

Car Seat Safety 21

Safe From The Start



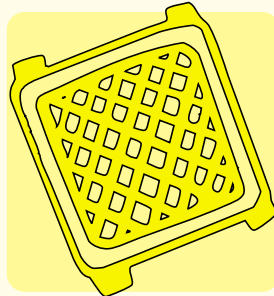
Use Safety Devices To Help Protect Your Children

Safety Latches and Locks

- Put safety latches on cabinets and drawers.
- Be sure to lock up medicines and harmful products.

Safety Gates

- Use safety gates to keep your children away from stairs and harmful areas.
- Do not use safety gates that have "V" shapes. Your child could put a head or neck in them.



Doorknob Covers and Door Locks

- Use doorknob covers to stop your child from opening a door.
- Use door locks to keep your child away from harmful places especially swimming pools.

Door Stops and Door Holders

- Doors and hinges can pinch or crush fingers or hands.
- Use door stops and door holders to help protect small fingers.

Window Guards and Safety Netting

- Use window guards and safety netting on decks and balconies. This will help stop your child from falling out.
- Make sure you can easily open at least one window in each room in case of fire.

Window Blind Safety Tassels

- Children can get caught in the cords of your blinds. They can strangle on them.
- Use window blind safety tassels to protect your child.

Smoke Detectors

- Put in smoke detectors to protect your family from fire.
- Check them once a month to make sure they are working.

Carbon Monoxide (CO) Detector

- CO poisoning can kill you. CO does not smell, and you cannot see it.
- Place CO detectors in your home, especially near the bedrooms.

Safe From The Start



Corners and Edge Bumpers

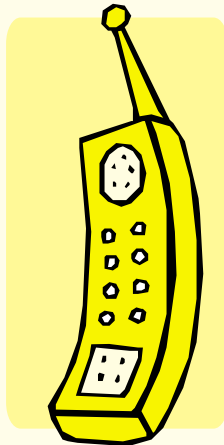
- Use corner and edge bumpers on furniture.
- Also use them on fireplaces or other places with sharp edges.

Outlet Covers and Plates

- Use outlet covers and plates to protect your child from electric shock.
- Be sure the covers cannot be easily taken off. They should be large enough so your child cannot choke on them.

Cordless Phones

- You can take a cordless phone with you around the house.
- They let you watch your child in every room and even outside.



Hot Water Controls

- Set your water heater to 120°. This helps stop burns from very hot water.
- Use hot water controls on your faucets. A plumber may need to put these in.

Here's Where You Can Shop For Safety Devices

Wonder where to get these safety devices?

- Look in grocery stores, baby stores, drug stores, department stores and hardware stores.
- Catalogs have them too.

Look through your home carefully.

There may be many things in your house that can hurt your child.

The best way is to look at your home from your child's view:

- Get down on your hands and knees.
- Look for harmful places.
- Put safety devices where they are needed.

Here are ways you can make your house safer:

- Secure throw rugs and tall furniture.
- Make sure heaters and vents can't burn your child.
- Keep plastic bags out of reach.
- Keep houseplants out of reach. They may be poisonous.
- Be careful with ironing boards and irons.
- Empty buckets right after use. Store them bottom side up. Your child can drown in a bucket, even in less than two inches of water.

Safe From The Start



Keep Your Child Safe When In The Kitchen

- Always stay with your small child in the kitchen.
- Turn pot handles to the back of the stove.
- Keep sharp objects away from counter edges.
- Keep children away from the floor by the stove when you're cooking.
- Don't hold your baby while you eat or drink hot food.
- Keep all household cleaning products in a locked cabinet such as:
 - ◆ Dishwasher soap
 - ◆ Cleansers
 - ◆ Furniture polish
- Use safety latches that lock every time you close the cabinet. (Most hardware and department stores have them.)
- Never put harmful products in a food jar or bottle. Your child may think it is OK to eat or drink them.



Keep Your Child Safe When In The Bathroom

Keep medicine away from your children.

- Keep medicines, vitamins, scissors, razors, cosmetics and toiletries in cabinets with safety latches.
- Ask for special caps and tops on medicines. These make it harder for your child to open.
- Throw away any left over medicines.
- Store things like toothpaste, soaps and shampoos away from your medicines.

Take care around medicine.

- Do not take medicines in front of your children. They may try to copy you.
- Never tell your children that medicine is candy.
- Turn on the light to read the label. Make sure the medicine is the right one for your child.

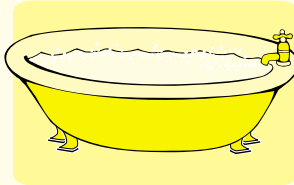
Safe From The Start



Keep Your Child Safe When In The Bathroom

Keep children safe around the tub.

- Set the water heater at 120°. Test water with the inside of your wrist before your child uses it.
- Use slip-proof mats in and out of the tub.
- Always drain the tub and keep the toilet lid closed. A small child can drown in a few inches of water.
- Unplug appliances and keep them out of reach. Make sure your child can't pull them into the water.
- Never leave small children alone in the bathtub – not even for a minute.



Keep Your Child Safe In The Crib

Your baby may spend a lot of time in the crib. Here are ways you can make it safer:

- Do not put fluffy blankets and comforters in the crib.
- Do not put pillows, bumper pads and stuffed toys in the crib.
- Use a non-allergic mattress. It should fit snug in the frame. There should be less than one inch between mattress and frame.

It is also good to:

- Use flame resistant bedding and sleepwear.
- Watch out for cords from bedding, toys or blinds. They could strangle a baby.
- Make sure the crib meets today's safety standards. If a soda can will pass between the bars, they are too far apart.

Safe From The Start



Make Sure Your Child's Toys Are Safe

- Use toys that are right for your child's age.
- Do not use toys with small pieces. Your child could choke on them.
- Check for sturdy, well-sewn seams on stuffed animals and dolls.
- Be sure eyes, noses, buttons and other small parts cannot be bitten or pulled off.
- Toys should not have jagged edges or sharp pieces.
- Young children should not play with balloons.
- Be sure toys don't have strings or cords that can wrap around your child's neck.
- Throw away all packaging right away.



Keep Your Child Safe At The Pool

The pool is a fun place for children and families.
It can also be a dangerous place:

- Drowning is the number one cause of injury-related deaths for 1 to 4 year olds.
- Children drown without a sound.
- Brain damage happens after a child has been under water for 4 minutes.
- Most toddler drownings happen at home or in a friend's pool.
- Swimming lessons should not begin until age 4.

Drowning can be prevented:

- NEVER leave children alone in or near a pool.
- Swimming pools should have 5 foot fences around them to keep children out.
 - ◆ The fence should surround the pool.
 - ◆ The fence should have self-closing latching gates.
- Have safety equipment by the pool. Also have a phone and emergency number handy.
- Learn CPR.
- If you are using a children's wading pool, empty it after use.

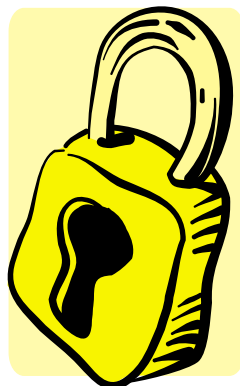
Safe From The Start



Keep The Garage And Basement Safe

You can keep harmful products away from your children.

- Lock up these things:
 - ♦ Paints
 - ♦ Paint thinners
 - ♦ Garden and yard supplies
- Read the labels before you buy things. Try to find the least toxic ones for the job.
- Buy only the supplies you need. Use them right away.
- Never put harmful products in a food jar or bottle. Your child may try to eat or drink it.



You Can Help Keep Your Child Safe From Poisoning

You should know that many household products can poison children. Keep these things away from your child:

- Drugs and medicines.
- Vitamin and mineral pills. Iron pills are the most common cause of poisoning in children under age 5.
- Cleaning products.
- Plants.
- Beauty supplies and makeup.
- Yard and garden supplies.
- Paints and solvents.

Children can get very sick from products around the house or yard. They can badly harm your children. If they do eat or drink something poisonous, it is very important to get them treated right away.

Safe From The Start



Here's What You Can Do If Your Child Is Poisoned

- Get whatever you can out of your child's mouth.
- Save the container.
- Call 911 or the Poison Control Hotline at (800) 876-4766.
- Tell them what your child swallowed.
- Tell them your child's height and weight.
- Keep Syrup of Ipecac on hand. Only give it to your child if your doctor, clinic or poison control tells you to.



Make Sure Your House Does Not Have Lead Paint

Lead paint can make your child very sick. Lead paint poisoning can cause brain damage.

- Lead paint is found in older homes. It can be on the inside and outside of the house.
- If you think you may live around lead paint, get your child a blood test. Talk to your doctor or clinic.
- Lead can also be found in make-up and pottery. If you think your child may have been around lead, bring your child to your clinic for a special blood test for lead.

Ask your doctor or health worker to test your child for lead poisoning at age 1.

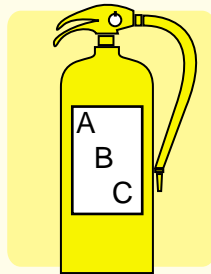
- Most children who have lead poisoning do not look or act sick.
- A blood test will tell the doctor if your child is sick.
- This test is free if your child has Medi-Cal or is in the Child Health and Disability Prevention Program (CHDP). Many insurance companies also will pay for this test.

Safe From The Start



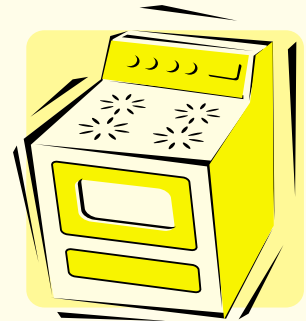
Keep Your Child Safe From Fire

- Install smoke alarms. Make sure the batteries work.
- Keep an ABC fire extinguisher in the kitchen. It should be useful for oil, electrical, paper or wood fires.
- Keep all flammable products away from the furnace or water heater.
- Don't smoke cigarettes. They are bad for you and your child. They are also a major cause of home fires and burns.
- If your child's clothes catch on fire, smother the flames in a blanket.
- If there is a fire, stay close to the door. Cover your mouth and nose and crawl out of the burning area. Smoke can kill.
- Use only quick-release bars on windows.
- Make a plan to escape fire in your home. Have everyone practice it with their eyes closed.



Keep Your Child Safe From Gas Or Carbon Monoxide Poisoning

- Install carbon monoxide detectors.
- Never run your car in a closed garage. The gases can poison you and your child.
- Be sure that coal and wood stoves work right. If they don't work right, they can give off poisonous fumes.
- If you smell gas, turn off your stove or gas burner. Leave the house and call the gas company.



Safe From The Start



Keep Your Child Safe From Guns

- The safest home is one without a gun.
- If you have guns, lock them away.
- Never keep them loaded.
- Lock bullets in a different place away from the gun.
- Always keep a safety lock on the trigger.
- Find out if there are guns at the babysitter's or a friend's house. Make sure they are locked away.



Keep Your Child Safe In The Car

Use a car safety seat every time you take your child in a car.

It is exciting to bring your new baby home from the hospital or for its first ride. Here's what to do to keep your baby safe:

- Use a car seat for your baby's first ride.
- Use a car seat every time the baby rides in the car – it's the law.
- Put the car seat in the back seat.
- Do not hold your baby in your arms while you ride in a car.
- Without a car seat, your baby could be hurt or killed in a car accident.

Safe From The Start



Every Young Child Should Ride In A Car Seat

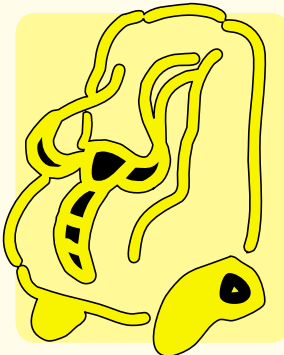
It is the law in California.

Your child must ride in a child safety seat until:

- Your child is four years of age, OR
- Your child weighs 40 pounds or more.

In January 2002, the law changes. Then your child must ride in the seat until:

- Your child is six years of age, OR
- Your child weighs 60 pounds or more.



Choose The Right Car Seat For Your Child

It's good to know that all car seats sold in the U.S. meet federal safety standards.

- Choose a car seat that fits your child. Pick the one that is right for your child's age and size.
- Choose a car seat that fits your car. Not all car seats work in every car. Try the car seat in your car before you buy it.
- Follow the directions. You must put the car seat in the car the right way.
- Practice. Put the car seat in your car before your child rides in it.

Here are important tips:

- Do not buy a used car seat.
 - ◆ It may have missing parts or been recalled.
 - ◆ It may have been in an accident.

If you cannot buy a car seat, call your local health department for assistance.

Safe From The Start



Find Out About Different Types Of Car Seats

There are different types of car seats for your child. Use these car seats only when your child is the right age for that seat.

Infant Seat

Infant seats are for babies who weigh up to 20-22 pounds.

- These car seats should always face the back of the car.
- When your baby sits in the seat, your baby should face the back of the car.
- The car seat should not be straight up, but tilted at a 45-degree angle.



Convertible Seat

A convertible seat is used for both babies and older children up to 40 pounds or 4 years old.

- Babies may need extra padding in the car seat. That helps it fit right.
- The car seat should face backward and tilt for babies under 1 year or under 20 pounds.
- Children over 1 year old and over 20 pounds can face forward.
- When the car seat faces forward, it is used upright.

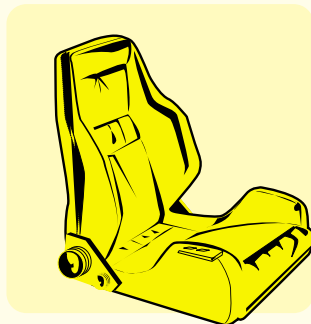
Safe From The Start



Toddler/Child Seat

A child seat is used after a child is 1 year old and 20 pounds or more. It is not used for babies.

- This car seat faces forward only.
- Children use this car seat until they are 4 years old or up to 40 pounds.



Booster Seats

When your child is too big for a regular child car seat, your child will need a booster seat. Children can be badly hurt in a car accident if they use an adult safety belt without a booster seat.

- Use a booster seat when your child is 4 years old and over 40 pounds. After January 2002, your child must use a booster seat until 6 years old or over 60 pounds.
- Boosters keep the lap belt low on the hips. It keeps the shoulder belt centered on the shoulder and chest. This protects your child.
- Most children need a booster seat until at least age 8 for the best protection.

Safe From The Start



Protect Your Child From Air Bags

Air bags help protect adults and older children. But they can badly hurt a baby or small child in a car seat. Here are some things you can do that can help:

- Always put your baby in the back seat of the car. An infant should be in a backward facing seat. If the car seat is in the front, the airbag can hurt or kill the baby.
- Small children and even small adults should ride in the back seat of cars with air bags to prevent injuries.

Notes:

Safe From The Start



Where You Can Find Help

Want to know about **product safety**?

Call the U.S. Consumer Product
Safety Commission Hotline:

(800) 638-2772

(800) 638-8270 (TTY/DDS)

www.cpsc.gov

Want to learn **CPR and first aid**?

Call your local Red Cross Chapter.

Worried about **poisoning**?

Call the Poison Control Hotline.

(800) 8 POISON

(800) 876-4766 (VOICE)

(800) 972-3323 (TTY/DDS)

Want to know more about **lead poisoning**?

Call the Lead Hotline.

(800) 532-3394

Want to know more about car safety seats?

Call your health department about
car seat loaner programs.

Call your local

California Highway Patrol (CHP)

Office for free car seat safety checks.

Or call Public Affairs Office
of CHP Headquarters

(800) TELL-CHP

(800) 835-5247

www.chp.ca.gov

Safety Belt Safe, USA

(800) 745-SAFE

(800) 745-7233

www.carseat.org

Brought to you by the California Children
and Families Commission. Funded by Prop 10.
For more information, please call **(800) KIDS-025**.

